

WEST PELOPONNESE MESSINIA-ILIA-ARCADIA

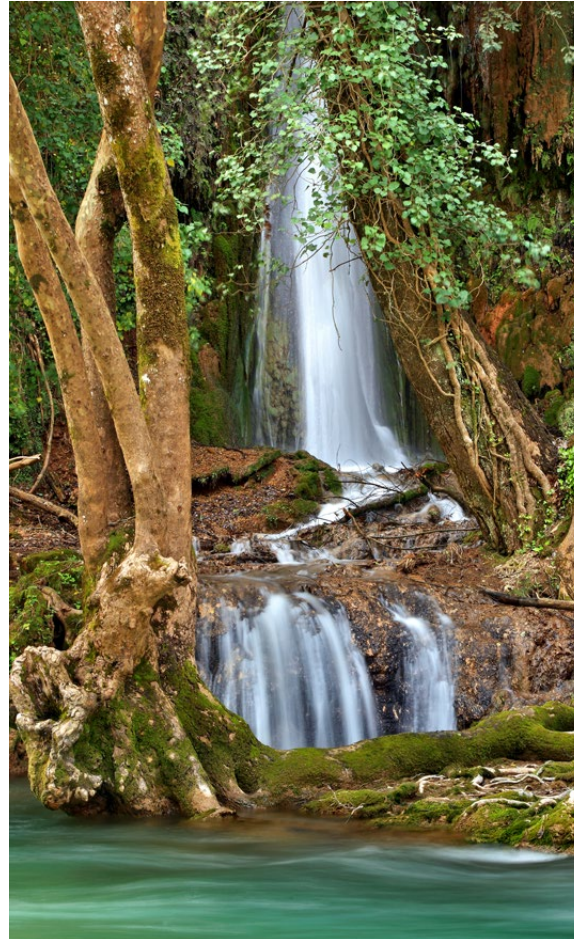


WEST PELOPONNESE

Timeless villages, ancient monuments, medieval castles, rich history, natural beauty, and spectacular beaches make the West Peloponnese a year-round holiday destination.

It's the land of the sacred olive grove and the birthplace of the Olympic Games. War, peace, and culture saturate the cities and countryside of one of the most beautiful regions of mainland Greece. Its villages, both seaside and alpine, will enchant you with their age-old traditions and exceptional food. You'll be transported to another era as you explore ancient monuments and resplendent medieval Venetian and Byzantine castles.

The West Peloponnese is a celebration of contrasts: majestic mountains embraced by a dramatic, golden coastline of endless beaches and exotic coves.



Must-see

Navarino bay islands: Sphakteria and the nearby rocky islets create a small paradise worth exploring.

Best location for accommodation

Navarino Bay in the Messinia region

Getting there

A 45-minute flight from Athens to Kalamata; approximately a 3.5-hour drive directly from Athens; or as part of a multi-day tour in the Peloponnese.

Best connected with

All other regions within the Peloponnese and Athens

Seasonality

May to September

Price Ranges

Affordable = starting from 250 Euro
Moderate = starting from 450 Euro
Deluxe = starting from 550 Euro
Premium = starting from 900 Euro



MESSINIA REGION

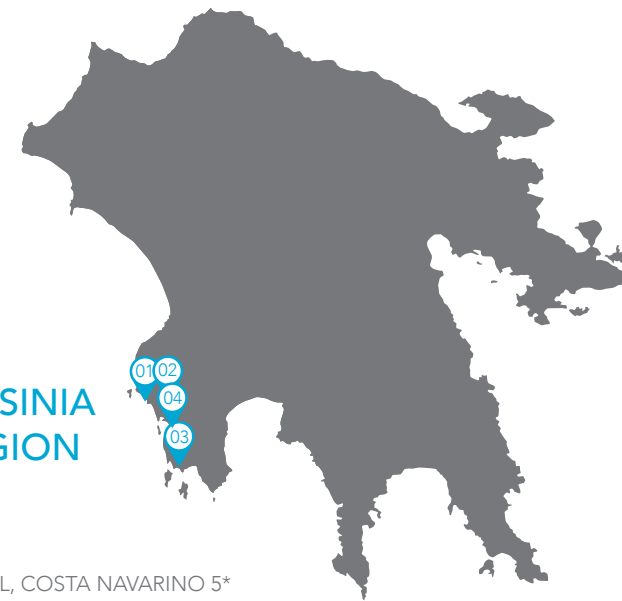
Where authenticity and nature reign supreme

Experience Greek summer at its finest: stunning beaches, charming fishing villages, endless olive groves, as well as coastal and mountain trails with breathtaking views. Explore ancient civilizations, Mycenaean palaces, and the unique Gialova wetland. Hike at Paleokastro, stroll around the ruins of Neokastro, and visit the Methoni and Koroni castles. Enjoy a delightful lunch or dinner at waterfront tavernas serving fresh fish and meze, or perhaps indulge in a round of golf.

Eclectic Tips:

- Explore Gialova Lagoon: This incredibly beautiful nature reserve in the Peloponnese is home to 250 species of rare birds, including flamingos, swans, and mallards
- Visit Ancient Messene: One of Greece's best-preserved archaeological sites, Ancient Messene combines the grandeur of Delphi with the natural beauty of Olympia. It is among the most exciting and complete archaeological settlements ever discovered and one of the most beautifully situated
- Discover Pylos: This charming town, built in the shape of an amphitheatre below the Neokastro fortress, resembles an island hamlet. Enjoy a leisurely coffee in the shade at a traditional 'kafenio' in the central square of Trion Navarhon, surrounded by exotic palm trees. Take a stroll along the coastal road and enjoy dinner at one of the many restaurants you'll find on the way, while watching the sunset over Navarino Bay
- Experience Kalamata: Known as the "hostess" of Messinia, Kalamata is framed by the majestic Taygetus mountain that rises above her, and the shimmering sea. Its endless beach, trendy cafes, beach bars, restaurants, luxury hotels, markets, historic buildings, and vibrant nightlife create an irresistible atmosphere. Notably, Kalamata offers a unique food scene, worth exploring on a private food tour

MESSINIA REGION



1. MANDARIN ORIENTAL, COSTA NAVARINO 5*
2. THE ROMANOS COSTA NAVARINO 5*
3. W COSTA NAVARINO 5*
4. WESTIN COSTA NAVARINO 5*





MANDARIN ORIENTAL, COSTA NAVARINO 5*



BASIC INFO

LOCATION
Pylos, Messinia

RESTAURANTS
Yes

SWIMMING POOL
Yes

SPA
Yes

TWIN BEDS
Available

ROOM RATE
Premium

Description: The first Mandarin Oriental Hotel in Greece is located in the historic Bay of Navarino, renowned for its stunning views and the award-winning Bay Course golf course. This hotel blends luxury hospitality with Costa Navarino’s values of respect, quality, and authenticity, featuring sustainable architecture with planted roofs and local materials.

Location: The resort is situated in the Peloponnese on the Messinian coast in a protected bay, just a short stroll from the charming village of Gialova. The picturesque village of Pylos is visible to the left, with the island of Sphakteria directly in front.

Eclectic Tip: Indulge yourself in the Hotel Spa with treatments inspired by rituals from the Far East and the abundant flora of Greece.

www.mandarinoriental.com/en/costa-navarino/messenia



THE ROMANOS COSTA NAVARINO 5*



BASIC INFO

LOCATION
Navarino Dunes, Messinia

RESTAURANTS
Yes

SWIMMING POOL
Yes

SPA
Yes

TWIN BEDS
Available

ROOM RATE
Deluxe

Description: Situated by the Ionian Sea in the Navarino Dunes area of Costa Navarino, The Romanos is a premier sustainable destination in the Mediterranean. It embodies Messinia’s authentic charm with award-winning architecture, blending grand column-lined walkways with elegant contemporary design. The Romanos offers exquisite guestrooms, including Ionian Exclusive suites and beachfront villas featuring anticipatory butler service and premium amenities. Guests can enjoy gourmet dining at elite venues, rejuvenate at Anazoe Spa, and partake in activities such as four world-class golf courses and the new Mouratoglou Tennis Center.

Location: The Romanos enjoys a privileged position by the Ionian Sea in the Navarino Dunes area of Costa Navarino, a prime sustainable destination in the Mediterranean.

Eclectic Tip: Ideal for golfing enthusiasts and families

www.costanavarino.com/romanos-resort/



W COSTA NAVARINO 5*



BASIC INFO

	LOCATION Pylos, Messinia
	RESTAURANTS Yes
	SWIMMING POOL Yes
	SPA Yes
	TWIN BEDS Available
	ROOM RATE Moderate

Description: W Costa Navarino marks the debut of the W Hotels brand in Greece. Set beachfront by the Ionian Sea in Navarino Bay, the new Escape, tailored for adults and young adults over 12 years old, opened its doors in the summer of 2022. It infuses the Costa Navarino experience with inspiring energy and a fresh perspective, while it is linked to the waterfront Navarino Agora marketplace. Vivid and bright, the Escape offers stylish suites and villas inspired by the region’s architecture, curating a personalized stay that prioritizes exemplary service, luxury, and sophistication.

Location: The resort is located in the Peloponnese on the Messinian coast in a protected bay, just a short stroll from the charming village of Gialova

Eclectic Tip: Check out the events calendar to learn about everything that’s happening at W Costa Navarino. From live music events with renowned DJs or top local musicians, to art exhibitions and wellness classes, there is an event for every fun seeker

www.costanavarino.com/w-costa-navarino/



THE WESTIN RESORT COSTA NAVARINO 5*

BASIC INFO

	LOCATION Navarino Dunes, Messinia
	RESTAURANTS Yes
	SWIMMING POOL Yes
	SPA Yes
	TWIN BEDS Available
	ROOM RATE Deluxe

Description: The Westin Resort Costa Navarino offers endless opportunities to energize, relax, and transform, making it an exceptional family escape. The resort features two innovative kids’ clubs, the unique Division 16 youth hub, an impressive Aqua Park, refreshing pools, and an endless beach. Guests can enjoy a variety of sports and activities, including four signature golf courses, the new Mouratoglou Tennis Center, water sports, and outdoor adventures. The resort offers nourishing menus and locally sourced dishes across numerous venues, relaxation at the Anazoe Spa with natural therapeutic treatments, and opportunities to explore the region’s culture.

Location: By the Ionian Sea in the Navarino Dunes area of Costa Navarino, a leading sustainable destination in the Mediterranean

Eclectic Tip: A resort ideal for families.

www.costanavarino.com/westin-resort/



OLIVE GROVES, MEDIEVAL CASTLES AND VILLAGE MILLS

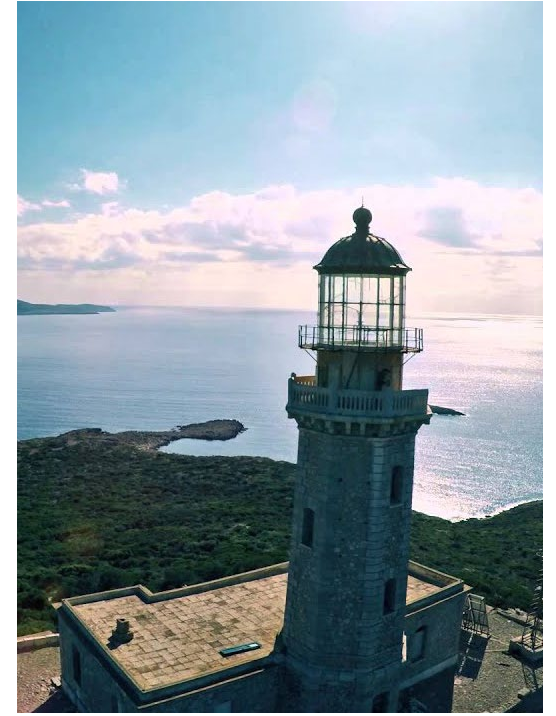
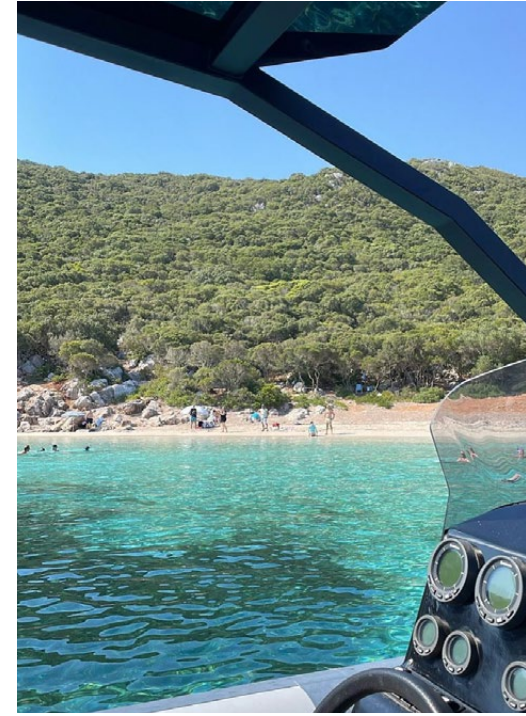
Uncover the secrets of Messinia, in the southwest Peloponnese, through its most famous product: luscious, golden, extra-virgin olive oil. Discover the place where some of the best olive oils in the world are produced! Enjoy a fun and informative olive oil experience to get introduced to the taste and culture of Greece's extra-virgin olive oil.

Private Activity | Duration: approx. 4 hours

Eclectic Tip: Visit the Castle of Androusa, built sometime after 1250 by Guillaume II de Villehardouin, ruler of the Principality of Achaea. By the end of the 14th century, it was one of the most important castles in the Peloponnese.



Messinia region has 15 million olive trees!



SAPIENZA ISLAND AND MESSINIA COASTS LIKE NEVER BEFORE

Sapienza and the Oinousses islands embody the essence of exotic beauty! With spectacular waters, ancient shipwrecks, the largest arbutus forest in Europe, full of wild goats, pheasants, and mouflons, a 19th-century lighthouse, and more, these are the treasure islands of Messinia. Enjoy a specially designed boat tour and discover the hidden gems of coastal Peloponnese!

Private Activity | Duration: approx. 4 hours

Eclectic Tip: Watch Methoni Castle from onboard! Built by the Venetians in the early 13th century on a rocky promontory, Methoni Castle is among the largest in the Mediterranean. At the southern edge of the castle, a fortified islet called Bourtzi, built in 1500 and used as a prison and a place of executions during the Turkish Occupation, is connected to the Sea Gate of the castle by a paved narrow road.



Sapienza has the largest arbutus forest in Europe, with trees up to 15 meters high!



COOKING CLASS AT A VILLAGE HOUSE AND OLIVE TREE FARM

We invite you to cook traditional Greek dishes in a wood oven. Make your own bread just like Greek grandmas used to. Harvest the ingredients for the menu directly from the organic vegetable garden. Smell and taste Greece while enjoying your self-cooked lunch under the olive trees.

Private Activity | Duration: approx. 4 hours

Eclectic Tip: Pylos is a charming little town, built in the shape of an amphitheatre below Neokastro, reminiscent of an island hamlet. Enjoy a leisurely coffee in the shade at a traditional 'kafenio' in the central square of Trion Navarhon, with its exotic palm trees.



Cooking with extra virgin olive oil is the cornerstone of the Mediterranean diet!



MESSINIAN TASTES' ODYSSEY

Enjoy an extraordinary food and cultural tour! Visit the historic center of one of the most beautiful coastal cities in the Peloponnese: Kalamata, in the Messinia region. Explore local family-owned food and pastry shops, hear old stories, experience the authenticity of the locals, and taste more than 20 delicious Messinian homemade products.

Private Activity | Duration: approx. 5-6 hours

Eclectic Tip: The Castle of Kalamata is built on the site of the ancient acropolis, which was founded by the mythological figure Faris from Argos. The city was named Farai or Fares and is mentioned in the Iliad as one of the seven cities that Agamemnon offered to Achilles to ease his anger.



The fertile soil and climate, along with nature, contribute to the cultivation of many raw materials of the highest nutritional value in Kalamata.



AN EXTRAORDINARY WINE TASTING AND DINNER WITH AN EXECUTIVE CHEF

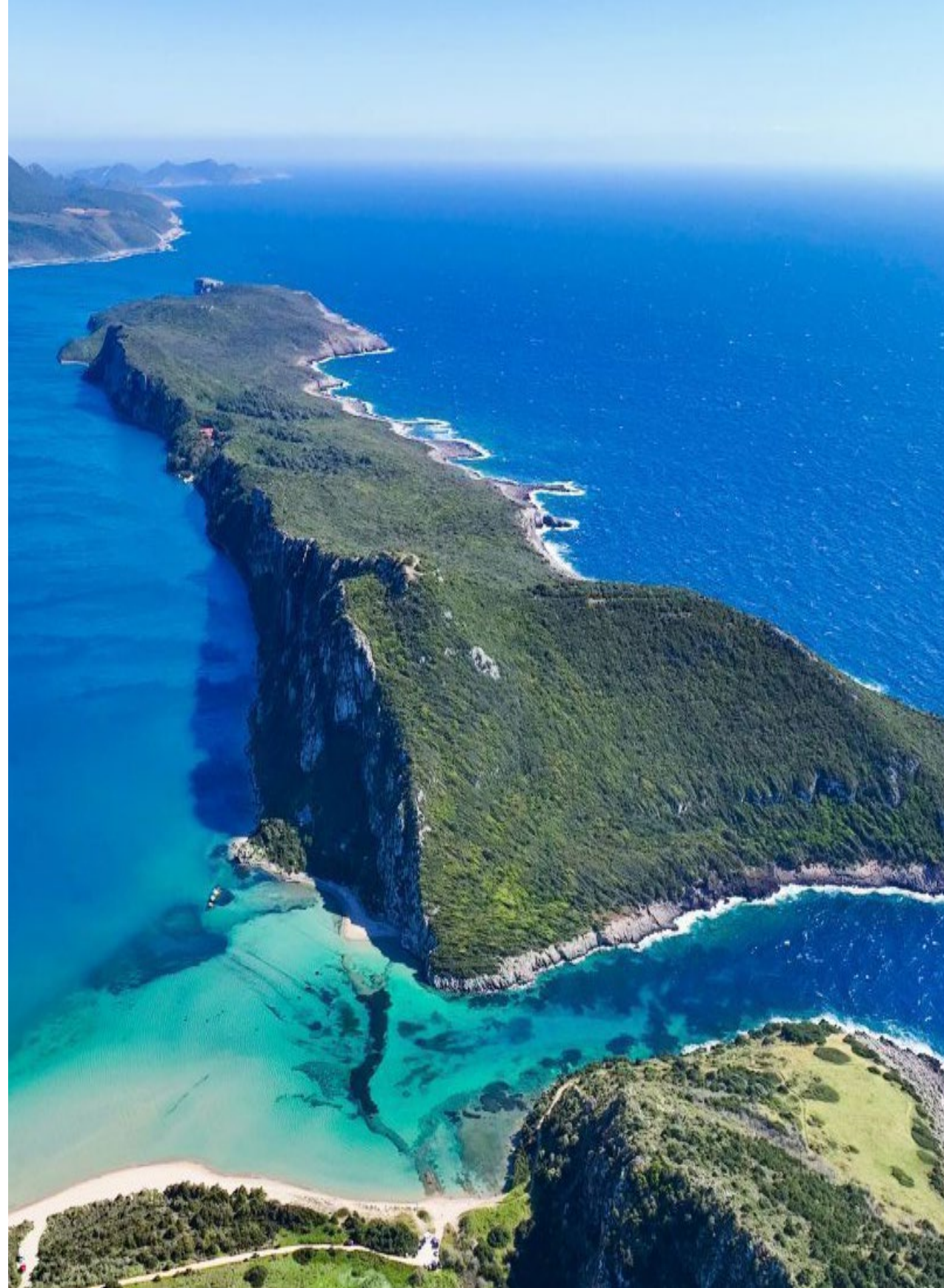
Visit a local, small winery in the western part of the Messinian region in the Peloponnese and enjoy a unique wine tasting experience complete with a private lunch prepared by a Head Chef! Cultivating Greek and European grape varieties in an area of 100 acres, the winery produces some of the best local vintages you'll have the chance to enjoy. The winery highlights the special characteristics of the vines, producing high quality regional wines.

Private Activity | Duration: approx. 4 hours

Eclectic Tip: *The Palace of Nestor was an important centre in Mycenaean times and is described in Homer's Odyssey and Iliad as Nestor's kingdom of "sandy Pylos". The site is the best-preserved Mycenaean Greek palace ever discovered. It is located on the hill of Epano Englianos, 17 kilometres (10 miles) north of Pylos*



Numerous grape varieties, mainly of foreign origin, have been successfully cultivated in the western part of Messinia, which overlooks the Ionian Sea.



Must-see

The beautiful valley of the Alfios and Kladeos rivers and the surrounding landscapes of Ancient Olympia, with lush green pine forests, olive groves, river bends full of wildflowers, and small picturesque villages.

Best location for accommodation

Kyllini and coasts of Ilia region

Getting there

3,5 hours' drive from Athens

Best connected with

All other regions within the Peloponnese and Athens

Seasonality

May to September

Price Ranges

Affordable : starting from 200 Euro

Moderate : starting from 400 Euro

Deluxe : starting from 600 Euro

Premium : starting from 800 Euro

ILIA REGION

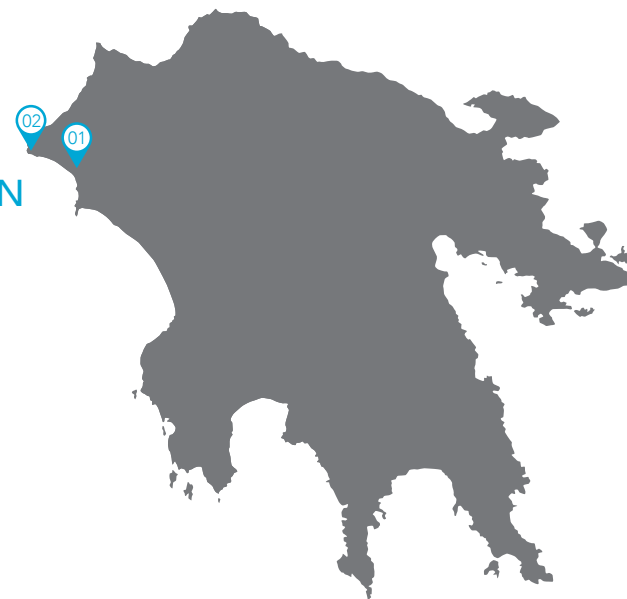
The dreamy coastline of Olympia

The long coastline that hugs the western side of Ilia, with the wonderful waters of the Ionian Sea, makes your summers dreamy and your desire for "a little more summer, a little more saltiness" even more intense. The unique natural landscapes continually alternate, offering countless options. Start with a visit to the glorious sanctuary of Ancient Greece, Ancient Olympia, and continue your tour through the region's valleys, mountains, and wonderful beaches. Ilia region, in the Peloponnese hides many secrets. Discover them and enjoy wonderful holiday experiences.

Eclectic Tips:

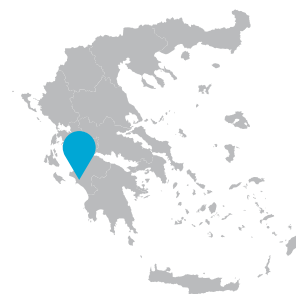
- Take a journey back in time to the origins of the Olympic Games at Zeus' most famous sanctuary in Ancient Olympia. A day's visit to Ancient Olympia, the birthplace of the Olympic Games, won't be enough to absorb everything this legendary destination in Greece offers.
- Visit a local winery in the Ancient Olympia area. The local vineyard estates organize wine sampling visits and interesting events, initiating you into the secrets of winemaking. Some of Greece's best wines are produced here!

ILIA REGION



1. DEXAMENES SEASIDE 5*

2. MANDOLA ROSA GRECOTEL BOUTIQUE RESORT 5*






DEXAMENES SEASIDE 5*

 DESIGN HOTELS


BASIC INFO

 LOCATION
Kourouta, Ilia region

 RESTAURANTS
Yes

 SWIMMING POOL
No

 SPA
Treatments available

 TWIN BEDS
No

 ROOM RATE
Affordable

Description: A postwar winery has been converted into an eco-luxury resort along one of the most pristine coastlines in the western Peloponnese, Greece. Experience unique hospitality by staying in former wine tanks from 1920s chemistry labs, now elegantly revitalized with steel, engineered glass, timber, and minimalist design.

Location: Situated directly on the beach, Dexamenes boasts clear Ionian waters and serves as a perfect base for exploration. Discover ancient sites, historic wineries, and natural beauties, all within an ideal distance. Ancient Olympia is just a 30-minute drive away.

Eclectic Tip: Enjoy the true flavors of Greek cuisine with meals made from local, seasonal ingredients.

www.dexamenes.com



MANDOLA ROSA GRECOTEL BOUTIQUE RESORT 5*


BASIC INFO

 LOCATION
Kastro, Kyllini, Ilia region

 RESTAURANTS
Yes

 SWIMMING POOL
Yes

 SPA
Yes

 TWIN BEDS
No

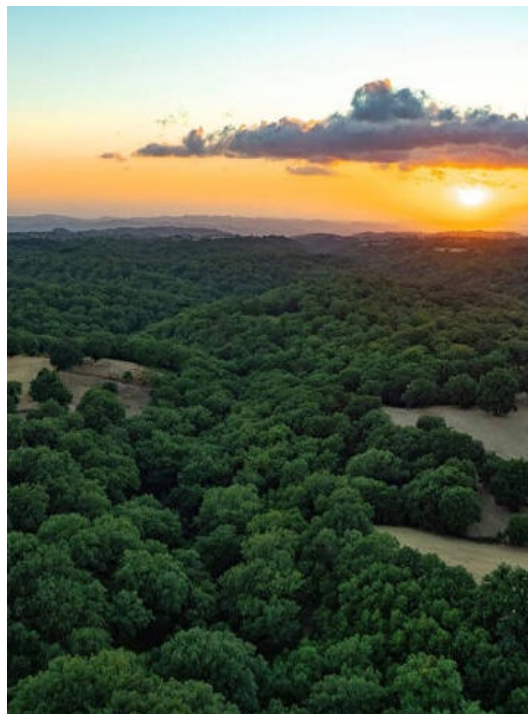
 ROOM RATE
Moderate

Description: Inspired by Belle Époque design, Mandola Rosa is situated on the edge of a sandy beach in Kyllini. The suites and villas, adorned with floor-to-ceiling windows, artwork, and elegant furnishings, provide sea views, with some villas even featuring private pools. The property boasts two sea-view restaurants, a uniquely decorated cocktail bar, a freshwater infinity pool overlooking the Ionian Sea, and an exclusive water theme park.

Location: Kyllini Town and Port, connecting to Zakynthos Island, are located 14 km (9miles) from Mandola Rosa, while Arkoudi Village is only 2km (1mile) away.

Eclectic Tip: The sapphire sea gently slopes along a sandy golden beach, making it perfect for children.

www.rivieraolympia.com/mandolarosa.html



HIKING INTO ANCIENT MYTHS AND HISTORY

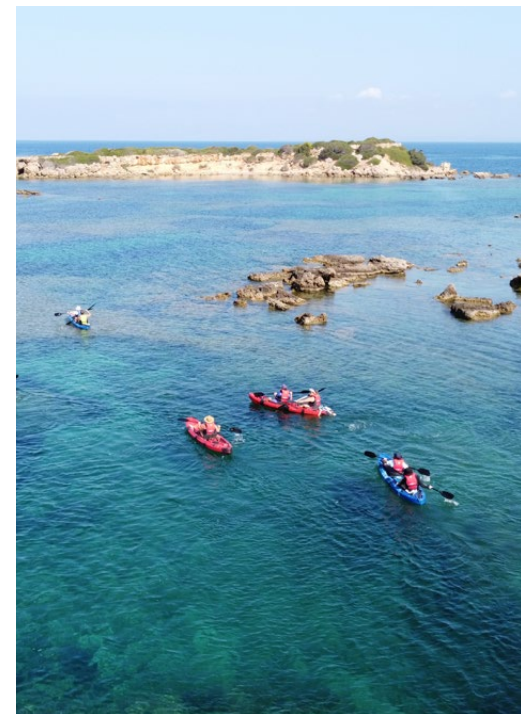
Embark on a hike through the Centaurs Gorge, a spectacular and unique trail of moderate difficulty. This narrow passage features high green walls, covered in native small plants, nourished by moisture. The Foloi Forest, protected by the NATURA 2000 Network, is situated at an altitude of 688 meters on Mount Foloi in Ilia, occupying an area of 33,000 acres. It is the only native broadleaved oak forest in the Balkans, with hundreds of years old clusters of oaks.

Private Activity | Duration: approx. 3 hours

Eclectic Tip: According to mythology, Erymanthios Kapros descended to the forest for food. The beast terrorized and destroyed the villagers' crops, while using its tusks to tear apart any animal it encountered, even annoying the Centaurs, who couldn't face it. With a clever trick, Hercules led the beast to the Gorge of Foloi, where it was caught alive in a net and taken to Argos.



The Forest of Foloi is a magical place in autumn when all the leaves turn red!



SEA KAYAK "SPORTS AND CULTURE TOUR" AT THE MAJESTIC BAY OF ST. ANDREW

An unforgettable experience! Paddle through the same waters that Jacques Yves Cousteau explored while studying shipwrecks and underwater flora. Discover one of the first remote harbors where locals once imported and exported wine and raisins. Enjoy snorkeling at remote islets and circumnavigate the Feiades islands. Along the way, you'll hear fascinating historical facts and mythological narrations, and you'll be able to observe the tops of the walls of the sunken ancient city of Feia and the bases of pillars from an ancient temple.

Private Activity | Duration: approx. 3 hours

Eclectic Tip: Pheia was an ancient city in Elis, situated on the isthmus connecting the Cape of Katakolo to the mainland. Mentioned by Homer, Pheia's ruins include a castle from the Middle Ages, known as Pontikokastro, built on the remains of the Hellenic walls of Pheia.



The Katakolo Lighthouse was made in 1865 and it is a historical monument.



OLYMPIA & WINE FLAVORS

Are you a wine lover, history buff, and nature enthusiast? If so, this is the ideal activity for you. Follow the wine trails of Ancient Olympia, meet the people behind the wine production of a local family-run winery, and combine this unique experience with a visit to the Olympic site, a UNESCO World Heritage monument. Enjoy a farm-to-table food experience by the river at the wine estate and have the time of your life!

Private Activity | Duration: approx. 6 hours

Eclectic Tip: Learn all about the ancient myths related with grapes and wine in the area, especially the story of King Melios, a grand wine lover, who challenged ancient God Pan to a wine-drinking competition.



The valley of Ancient Olympia is crossed by three beautiful rivers: Alphios, Kladeos and Enipeas



Must-see

Lagadia: One of the most beautiful villages in the Peloponnese! Situated in a mountainous landscape with freshwater springs, Lagadia offers an imposing sight to every visitor. The two and three-story stone houses, built amphitheatrically on a steep slope, create the impression of a stone-built work of art. Historically, Lagadia was home to the best stone builders in the Peloponnese.

Best location for accommodation

Area of Magouliana & Valtetsiniko villages

Getting there

2,5 hours' drive from Athens

Best connected with

All other regions within the Peloponnese and Athens

Seasonality

All year round

Price Manual

Affordable: starting from 200 Euro
Moderate: starting from 400 Euro
Deluxe: starting from 600 Euro
Premium: starting from 800 Euro

ARCADIA REGION

Welcome to Mountainous Arcadia, a mythical destination in the Peloponnese, known for its historic villages with traditional architecture and charming stone houses. The ancient fir forest of Mount Mainalo is an area of amazing natural beauty and unique healing properties. In ancient times, Arcadia was considered an earthly paradise and constituted a world of power and knowledge where humans lived in harmony with nature. Rafting, hiking, local products, delicious traditional fare, the open-air Water Power Museum, and much more are hidden treasures of this superb part of the Peloponnese.

Eclectic Tips:

- Mainalo Trail: This long hike through the mountains passes sites of exceptional natural beauty. Much of the trail dates back to antiquity and it winds through the villages of Stemnitsa, Dimitsana, Zygovitsi, Elati, Vytina, Nymfasia, Magouliana, Valtetsiniko, and Lagadia. The trail connects all the historic and cultural centers of the area and is linked to numerous other paths, highlighting and reviving the region through hiking activities.
- Notable Villages: Spread out along the wooded slopes with their stone, tile-roofed homes and churches with elegant bell towers are the villages of Stemnitsa, Dimitsana, and Karytaina. In Dimitsana, you can visit the library and the open-air Water-Power Museum. In Stemnitsa, admire the clock tower of St. George's Orthodox Church, the Bournazos mansion, and churches from the 12th and 15th centuries. In Karytaina, you'll be impressed by the 13th-century castle, one of the best-fortified in the Peloponnese.

ARCADIA REGION

1. MANNA 5*





MANNA 5*

DESIGN HOTELS

ADULTS ONLY

BASIC INFO

- LOCATION
Korfoxylia Magoulionon
- RESTAURANTS
Yes
- SWIMMING POOL
Indoor Only
- SPA
Yes
- TWIN BEDS
Available
- ROOM RATE
Affordable

Description: Surrounded by a landscape that has been considered an earthly paradise since antiquity and situated within a historically preserved building, MANNA is a newly opened luxury mountain retreat in Arcadia, Greece. Replete with outdoor yoga, multiple cozy fireplaces, a serene wellness hub, and farm-to-table cuisine, the hotel offers a place to refresh, reset, and reengage with one’s mind, body, soul, and earthly surroundings. MANNA is a mountain retreat ripe for rejuvenation and reconnection.

Location: Located in Arcadia, in the heart of Peloponnese, at an altitude of 1,200 meters and surrounded by virgin fir forest, MANNA is easily accessible: less than a two-hour drive from both the city of Athens and the Athens International Airport as well as from Kalamata International Airport

Eclectic Tip: Forage for mushrooms in the forest, explore the area on a mountain bike, ride a horse through the ancient fir trees, or hike one of Greece’s most extensive networks of trails.

www.mannaarcadia.gr



HIKING AT THE PATHS OF MENALON TRAIL

The Menalon Trail runs through Gortynia, in the western part of Arcadia, Peloponnese, Greece. This mountainous area is characterized by rugged terrain with extensive mountain ranges, endless valleys, long canyons, large plateaus, and bare peaks. Most of the region is covered by fir forests, with high shrub forests and open meadows at various altitudes, particularly in areas where livestock rearing was intense year-round, such as the mountain zone above Lagadia. Two of the best sections of the Menalon Trail run alongside the Mylaon River in Western Menalo, all the way through the fir forest. These paths are rich with seasonal herbs and mushrooms.

Private Activity | Duration: approx. 3,5 hours



During late Byzantine years, the important monasteries of the Philosopher and of Agios Ioanis Prodromos were founded along the Lousios gorge.

Eclectic Tip: Many small towns were settled in this area during antiquity, such as Tefthis, Methydrio, and Theisoa of Mainalo. However, a large town was Gortys, which flourished from the Geometric period to the Byzantine era. Near Gortys, an important religious and healing center was developed, known as the Asklipio.



CULINARY AND CULTURAL EXPERIENCE

Enjoy a specially curated private cooking class at an agrotourism farm. You will light the fire in the wood oven, tour the farm to pick fresh vegetables for your meal, and learn about how our food is grown. You'll have the chance to see trees, vegetables, and deer. By the time you return to the kitchen, the oven will be hot and ready to bake. Let's prepare the vegetables for the "briam" (grilled mixed vegetables) and place them in the oven. While the main course cooks, you will prepare a Greek salad and Tzatziki using the freshest vegetables and traditional sheep yogurt from small local dairies. Finally, we will all gather in the outdoor kitchen to enjoy the delicious meal prepared together.

Private Activity | Duration: approx. 2,5 hours

Eclectic Tip: The farm offers magnificent views of the stunning Lykaion mountain. According to ancient Greek mythology, the god Zeus was born on this very peak.



Arcadia is a poetic term associated with bountiful natural splendor and harmony. It refers to a vision of pastoralism and harmony with nature

